

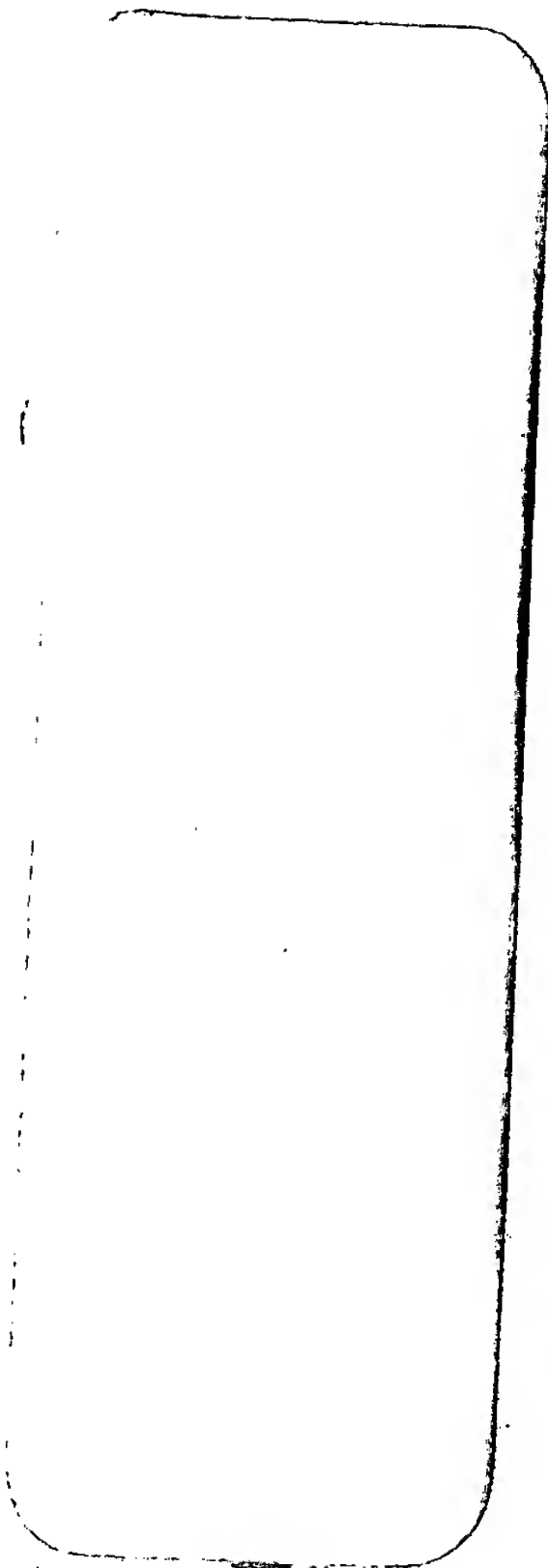
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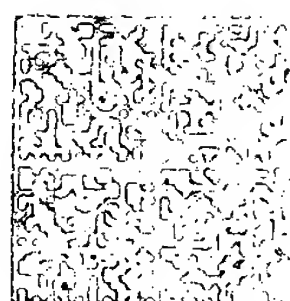


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APPLICATION NO.	FILING DATE	FIRST NAMED INVENTOR	ATTORNEY DOCKET NO.	CONFIRMATION NO.
10/659,997	09/11/2003	Carl E. Linton	JL-03CVAC0001	8998

Carl E Linton
44507 L A Paz Road
Temecula, CA 92592

EXAMINER	
CHEUNG, VICTOR	

ART UNIT	PAPER NUMBER
3714	

MAIL DATE	DELIVERY MODE
07/13/2007	PAPER

Please find below and/or attached an Office communication concerning this application or proceeding.

The time period for reply, if any, is set in the attached communication.

Office Action Summary	Application No.		Applicant(s)	
	10/659,997		LINTON, CARL E.	
	Examiner		Art Unit	
	Victor Cheung		3714	

-- The MAILING DATE of this communication appears on the cover sheet with the correspondence address --

Period for Reply

A SHORTENED STATUTORY PERIOD FOR REPLY IS SET TO EXPIRE 3 MONTH(S) OR THIRTY (30) DAYS, WHICHEVER IS LONGER, FROM THE MAILING DATE OF THIS COMMUNICATION.

- Extensions of time may be available under the provisions of 37 CFR 1.136(a). In no event, however, may a reply be timely filed after SIX (6) MONTHS from the mailing date of this communication.
- If NO period for reply is specified above, the maximum statutory period will apply and will expire SIX (6) MONTHS from the mailing date of this communication.
- Failure to reply within the set or extended period for reply will, by statute, cause the application to become ABANDONED (35 U.S.C. § 133). Any reply received by the Office later than three months after the mailing date of this communication, even if timely filed, may reduce any earned patent term adjustment. See 37 CFR 1.704(b).

Status

- 1) ☒ Responsive to communication(s) filed on 25 April 2007.
- 2a) ☐ This action is **FINAL**. 2b) ☒ This action is non-final.
- 3) ☐ Since this application is in condition for allowance except for formal matters, prosecution as to the merits is closed in accordance with the practice under *Ex parte Quayle*, 1935 C.D. 11, 453 O.G. 213.

Disposition of Claims

- 4) ☒ Claim(s) 1-39 is/are pending in the application.
- 4a) Of the above claim(s) _____ is/are withdrawn from consideration.
- 5) ☐ Claim(s) _____ is/are allowed.
- 6) ☒ Claim(s) 1-39 is/are rejected.
- 7) ☐ Claim(s) _____ is/are objected to.
- 8) ☐ Claim(s) _____ are subject to restriction and/or election requirement.

Application Papers

- 9) ☐ The specification is objected to by the Examiner.
- 10) ☐ The drawing(s) filed on _____ is/are: a) ☐ accepted or b) ☐ objected to by the Examiner.
Applicant may not request that any objection to the drawing(s) be held in abeyance. See 37 CFR 1.85(a).
Replacement drawing sheet(s) including the correction is required if the drawing(s) is objected to. See 37 CFR 1.121(d).
- 11) ☐ The oath or declaration is objected to by the Examiner. Note the attached Office Action or form PTO-152.

Priority under 35 U.S.C. § 119

- 12) ☐ Acknowledgment is made of a claim for foreign priority under 35 U.S.C. § 119(a)-(d) or (f).
- a) ☐ All b) ☐ Some * c) ☐ None of:
1. ☐ Certified copies of the priority documents have been received.
2. ☐ Certified copies of the priority documents have been received in Application No. _____.
3. ☐ Copies of the certified copies of the priority documents have been received in this National Stage application from the International Bureau (PCT Rule 17.2(a)).
- * See the attached detailed Office action for a list of the certified copies not received.

Attachment(s)

- | | |
|--|---|
| 1) <input checked="" type="checkbox"/> Notice of References Cited (PTO-892) | 4) <input type="checkbox"/> Interview Summary (PTO-413)
Paper No(s)/Mail Date. _____ |
| 2) <input type="checkbox"/> Notice of Draftsperson's Patent Drawing Review (PTO-948) | 5) <input type="checkbox"/> Notice of Informal Patent Application |
| 3) <input type="checkbox"/> Information Disclosure Statement(s) (PTO/SB/08)
Paper No(s)/Mail Date _____ | 6) <input type="checkbox"/> Other: _____ |

DETAILED ACTION

1. Applicant's remarks have been received, dated 4/25/2007.

Claim Rejections - 35 USC § 102

2. The following is a quotation of the appropriate paragraphs of 35 U.S.C. 102 that form the basis for the rejections under this section made in this Office action:

A person shall be entitled to a patent unless –

(b) the invention was patented or described in a printed publication in this or a foreign country or in public use or on sale in this country, more than one year prior to the date of application for patent in the United States.

3. An issue of public use or on sale activity has been raised in this application. In order for the examiner to properly consider patentability of the claimed invention under 35 U.S.C. 102(b), additional information regarding this issue is required as follows.

The prior art establish that the invention has been in public use more than one year prior to the filing date of the application. Reid (San Diego Union-Tribune, 08/25/2002) dating public use of the CVAC system at least to March 2002 and the end of development into public practice in 2000; "New & Exciting Adventure" CVAC advertisement at Beachwalk Plaza kiosk as early as June, 2002; Testimonials (CVAC Systems Website) dating use of the CVAC system as early as 2000; "Introducing the CVAC Process" offering the sale or use of the CVAC system in 2001.

The prior art disclose that the CVAC system includes the pressure vessel (see left figure "CVAC What's New") and on-board interface (see right figure "CVAC What's New") of claim 1. The CVAC system also includes safety measures ("CVAC FAQ" page 3). It is also inherent of pressure vessels to include pressure transducers for monitoring air pressure inside the vessel, include

blowers for removing air from the pressure vessels and valves for controlling air entering the pressure vessels to control pressure levels.

As per claims 3-5, the operation of the CVAC system is programmed ("CVAC What is CVAC?" page 1). The Prior art also discloses an external controller ("CVAC What's New", right figure) to control operation of the CVAC (Reid, Page 2) as per claims 6-9. The prior art also discloses set-up programs and individualized programs for the users ("Introducing the CVAC Process").

The features that are not specifically disclosed are in regards to the purpose of the on-board interface, a user sensor, a master controller, and specifically the methods of using the pressure vessel, including the accessing of stored data. Information regarding these recited features of the claims and the method of use of the CVAC system, in claims 1-39, up to and including one year prior to the filing date of the present application are required for the examiner to properly consider patentability of the claimed invention under 35 U.S.C. 102(b).

Applicant is reminded that failure to fully reply to this requirement for information will result in a holding of abandonment.

Note that while, upon the receipt of further information, a 35 U.S.C. 102(b) rejection may be made in the future for all claims 1-39, the following 35 U.S.C. 103 rejections are made on the assumption that no further useful information is available.

Claim Rejections - 35 USC § 103

4. The following is a quotation of 35 U.S.C. 103(a) which forms the basis for all obviousness rejections set forth in this Office action:

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(a) A patent may not be obtained though the invention is not identically disclosed or described as set forth in section 102 of this title, if the differences between the subject matter sought to be patented and the prior art are such that the subject matter as a whole would have been obvious at the time the invention was made to a person having ordinary skill in the art to which said subject matter pertains. Patentability shall not be negated by the manner in which the invention was made.

5. Claims 1-33 are rejected under 35 U.S.C. 103(a) as being unpatentable over CVAC (as evidenced by "CVAC What's New," "CVAC FAQ," "CVAC Background/Development," "Introducing the CVAC Process," "CVAC What is CVAC") in view of Butler (US Patent Application Publication No. 2004/0261796) and Galerne (US Patent No. 4,227,524).

Re Claim 1: CVAC discloses a pressure vessel unit comprising a pressure vessel capable of being opened to receive a user and closed to create a hermetic seal ("CVAC What's New", Figure Left), including an on-board interface ("CVAC What's New", Figure Right).

It is inherent for pressure vessels to be capable of being hermetically sealed, to include a pressure transducer capable of monitoring air pressure inside the pressure vessel, a blower capable of removing air from the pressure vessel, and a proportioning valve capable of controlling the amount of air allowed to enter into the pressure vessel. Pressure transducers are used to measure pressures so a user or operator is aware of the pressure inside the vessel. Blowers and valves are necessary to create the varying degree of pressures inside the vessel.

However, it is not specifically disclosed that the on-board interface is capable of enabling a user to control one or more functions of the pressure vessel unit or a user sensor capable of measuring one or more parameters of the user's body condition.

Galerie discloses a pressure vessel unit wherein a plurality of controls for controlling breathing, oxygen, and compression are located both inside and outside of the vessel (Col. 16, Lines 36-42).

Butler discloses a user sensor capable of measuring one or more parameters of a user's body condition (Paragraphs 111, 123). Butler also discloses that manual controls may be replaced with electronic controls (Paragraph 115). Butler also discloses that the patient is given controls to start and stop the pressurization or depressurization at any time (Paragraphs 74-79).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to include a user sensor capable of measuring one or more parameters of a user's body condition, thereby monitoring and ensuring the user's safety throughout the session. It would have been obvious to one of ordinary skill in the art at the time the invention was made to include an on-board interface capable of enabling a user to control one or more functions of the pressure vessel unit, thereby giving the user the ability to intervene in the procedures whenever necessary.

Re Claims 2 and 6: The CVAC system, as discussed in claim 1, provides cyclic variations in altitude conditioning. It has also been discussed that controls for controlling the system can be used inside or outside the pressure vessel.

Re Claims 3-5 and 7-9: The CVAC system, as discussed in claim 1, provides safety measures for the user ("CVAC FAQ" Page 3).

However, it is not specifically disclosed what safety measures are provided or implemented.

Butler discloses that, for example, the temperature monitor provides information that determines if the temperature should be lowered (Paragraph 111), or that the blood pressure monitor determines if any parameters are outside of an acceptable range, where the operator can then make adjustments (Paragraph 123). Butler also discloses that the system can be computerized to provide programs to control the system based on system sensors and monitoring and

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measurement devices (Paragraphs 114-120). The system dynamically adapts to events that occur during use of the system (Paragraph 129).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to use sensors to determine if a measured parameter is at a level that warrants a modification, and then have the on-board interface modify or change the program, thus ensuring that the safety of the user is always monitored and kept in check.

Re Claim 10: Note that claim 10 includes the pressure vessel of claim 1, and also a kiosk controller and a master controller.

CVAC ("CVAC What's New", figure on right) discloses a computer kiosk.

However, it is not specifically disclosed what how the computer kiosk is used, and a master controller is not disclosed.

Butler discloses that a network of local and remote computer systems are coupled to the pressure vessel system (controls, sensors, interface), running programs to control the operation of the vessel, and to store and retrieve information regarding the programs and profiles to be run on the system, as well as information regarding users of the vessel (Paragraphs 118-121).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to include a kiosk controller and a master controller comprising first and second software programs, and information processing systems for executing the programs, such that the controllers are able to control the pressure vessel system with a series of programs adaptive to various situations and parameters.

Re Claims 11-14: Note that claims 11-14, dependent on claim 10, include limitations also found in claims 2-5, dependent on claim 1, each of which have been discussed above.

Re Claims 15-20: Note that claims 15-20, dependent on claim 10, include limitations also found in claims 6-9, dependent on claim 1, except that claims 15-20 relate to the kiosk controller (instead of an "external controller"). Also in claims 19 and 20, it is claimed that the information processing system, instead of the external controller, is capable of performing the tasks as in claims 7-9. It is claimed in claim 10 that the information processing system is included in the kiosk controller. Claims 6-9 have each been discussed above. It has been discussed in regard to claim 10 that the kiosk controller is coupled to the sensors and measurement devices and controls the operation of the pressure vessel.

Re Claims 21 and 22: It is not specifically disclosed that the CVAC system includes a master controller, located in a separate facility, that is capable of storing user data entered into the kiosk controller or on-board interface, and that the master controller is capable of making stored data available to a second kiosk controller.

Butler discloses that the storage and retrieval system includes both local and remote systems, that databases may be local or through the Internet (Paragraphs 120-121).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to have the master controller located at a separate facility and to have the master controller capable of storing user data entered into and stored on the kiosk controller or on-board interface, thus providing a central or separate database that allows a kiosk or user to retrieve information from a remote location.

Re Claim 23: The CVAC system discloses the use of a plurality of pressure vessels ("CVAC Background/Development, Page 2, Figures), however, it is not specifically disclosed if each pressure vessel has its own kiosk controller.

Butler discloses that the storage and retrieval system can include online databases, as discussed above.

Examiner takes OFFICIAL NOTICE that it is well known in the art to use online databases with a plurality of client computers accessing the online database.

It would have been obvious to one of ordinary skill in the art at the time the invention was made to have the master controller capable of making the data stored on the master controller available to a second kiosk controller in electrical communication with the master controller, such that a user can make use of a second pressure vessel unit in electrical communication with the second kiosk controller without the need to re-enter data already stored in the master controller, providing a centralized database of information.

Re Claim 24: Note that claim 24 includes limitations of making available to a user the system of claim 10, and allowing the user to pay for a session in the system via an entry of payment information relating to the user into the kiosk controller.

The CVAC system is a system that must be made available to a user for the user to use the system.

However, it is not specifically disclosed how the user of the CVAC system pays for services.

Examiner takes OFFICIAL NOTICE that it is well known in the art to provide payment methods to a system through a controlling kiosk or on the system/apparatus itself, through bill

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receptors, change receptors, magnetic strips, smart cards, radio frequency, keypad entry of identification, keypad entry of credit information, etc.

It would have been obvious to one of ordinary skill in the art at the time the information was made to allow the user to pay for a session in the system via an entry of payment information into the kiosk controller.

Re Claims 25: The CVAC system does not specifically disclose downloading data from the kiosk controller to the master controller, wherein the data relates to the user and was previously entered and stored on the kiosk controller.

Butler discloses that the controllers form a storage and retrieval system, including local and remote systems, for storing and retrieving information relating to the user (Paragraphs 120-122).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to download data to the master controller, creating a centralized database of user information.

Re Claim 26: The limitations of claim 26 have been discussed with regard to claim 21.

Re Claims 27 and 28: The limitations of claims 27 and 28 have been discussed with regard to claim 23.

Re Claim 29: The CVAC system provides for a set-up program to ensure that the user is capable of safely completing a regular session of cyclic variations in altitude conditioning ("Introducing the CVAC Process"). Additionally, it is well known in the art to provide users of a

service the ability to determine and ensure that the service is safe for the user before the user uses the provided service.

Re Claim 30: The CVAC system includes programmed sessions that are adjusted sessions, taking advantage of the user's history of use ("CVAC What is CVAC").

Re Claims 31-33: The limitations of claims 31-33 have been discussed above in regards to claims 3-5.

6. Claims 34-39 are rejected under 35 U.S.C. 103(a) as being unpatentable over CVAC (as evidenced by "Introducing the CVAC Process") in view of Butler (US Patent Application Publication No. 2004/0261796).

Re Claim 34-35: The CVAC system is a method including completing a set-up session, selecting a cyclic variations in altitude conditioning program unique to the individual, enabling the user to undergo rapid transitions between simulated altitudes in the pressure vessel according to cycles determined by the program ("Introducing the CVAC Process").

However, it is not specifically disclosed that the CVAC system classifies or categorizes the user, or uses sensors to measure the user's body condition and determines if measured parameters are within a predetermined range, and modifying or switching the program in real time to match the current conditions.

Butler discloses that programs are designed to be specific to certain treatment profiles, based on the user's data (Paragraphs 121-122). Butler also discloses using sensors to determine if measured parameters are within a predetermined range (Paragraphs 111, 114-120, 123, 129).

It would have been obvious to one of ordinary skill in the art at the time the invention was made to classify users into categories so that specific treatments based on the user's data can be safely used. It would have been obvious to have sensors monitor the measured parameters such that the user of the system is constantly being operated within safe conditions and levels.

Re Claims 36-39: The limitations of providing payment on the on-board interface or on the kiosk have been discussed above with regard to claim 24.

Response to Arguments

7. Applicant's arguments, see page 1-7 and pages 13-14, filed 4/25/2007, with respect to the rejections made under 35 U.S.C. 112 and the objections to the drawings, respectively, have been fully considered and are persuasive. The rejection of claims 10-39 and the objection to the drawings have been withdrawn.

8. Applicant's arguments with respect to claims 1-39 (prior art rejections) have been considered but are moot in view of the new ground(s) of rejection.

Conclusion


9. Any inquiry concerning this communication or earlier communications from the examiner should be directed to Victor Cheung whose telephone number is (571) 270-1349. The examiner can normally be reached on Mon-Fri, 8:00-5:00PM.

If attempts to reach the examiner by telephone are unsuccessful, the examiner's supervisor, Robert Pezzuto can be reached on (571) 272-6996. The fax phone number for the organization where this application or proceeding is assigned is 571-273-8300.

Information regarding the status of an application may be obtained from the Patent Application Information Retrieval (PAIR) system. Status information for published applications may be obtained from either Private PAIR or Public PAIR. Status information for unpublished applications is available through Private PAIR only. For more information about the PAIR system, see <http://pair-direct.uspto.gov>. Should you have questions on access to the Private PAIR system, contact the Electronic Business Center (EBC) at 866-217-9197 (toll-free). If you would like assistance from a USPTO Customer Service Representative or access to the automated information system, call 800-786-9199 (IN USA OR CANADA) or 571-272-1000.

VC

Victor Cheung
July 2, 2007


Robert Pezzuto
Supervisory Patent Examiner
Art Unit 3714

Notice of References Cited	Application/Control No. 10/659,997	Applicant(s)/Patent Under Reexamination LINTON, CARL E.	
	Examiner Victor Cheung	Art Unit 3714	Page 1 of 2

U.S. PATENT DOCUMENTS

*		Document Number Country Code-Number-Kind Code	Date MM-YYYY	Name	Classification
*	A	US-2004/0261796	12-2004	Butler, Glenn	128/205.26
*	B	US-4,227,524	10-1980	Galerie, Andre	128/205.26
	C	US-			
	D	US-			
	E	US-			
	F	US-			
	G	US-			
	H	US-			
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	S					
	T					

NON-PATENT DOCUMENTS

*		Include as applicable: Author, Title Date, Publisher, Edition or Volume, Pertinent Pages)
	U	CVAC Systems What's New [online]. 2002-12-01 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/20021201231932/cvacsystems.com/What's+New.htm >.
	V	CVAC Systems What is CVAC? [online]. 2002-12-01 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/20021201230242/cvacsystems.com/What+is+CVAC.htm >.
	W	CVAC Systems Background/Development [online]. 2002-12-01 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/20021201191441/cvacsystems.com/Background.htm >.
	X	CVAC Systems Frequently Asked Questions [online]. 2002-12-01 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/20021201230602/cvacsystems.com/CVAC+FAQ.htm >.

*A copy of this reference is not being furnished with this Office action. (See MPEP § 707.05(a).)
Dates in MM-YYYY format are publication dates. Classifications may be US or foreign.

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	Examiner Victor Cheung	Art Unit 3714	Page 2 of 2

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*		Include as applicable: Author, Title Date, Publisher, Edition or Volume, Pertinent Pages)
	U	CVAC Systems Testimonials [online]. 2003-02-14 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/20030214231411/cvacsystems.com/testimonials.htm >.
	V	CVAC Systems Art [online]. 2003-02-03 [retrieved on 2007-06-28]. Retrieved from the Internet: <URL: http://web.archive.org/web/2003020355847/cvacsystems.com/testimonials-art.htm >.
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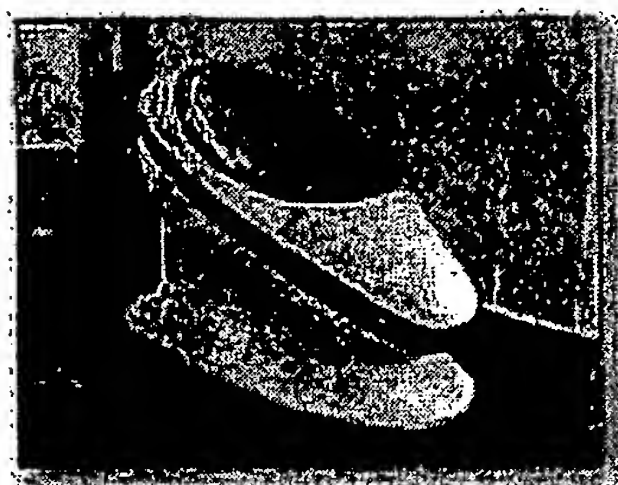


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Here we will try and keep you up to date of latest developments with CVAC and/or the athletes/people who depend on CVAC to help them in their lives (athletic or otherwise)

October 28th-

Another new testimonial on the testimonials page. Check out what this 60 year old has to say about his increase in the quality of his life since starting CVAC...

..and a few other noted athletes seen hanging around CVAC:

- ➡ a couple of top professional motocross racers Grant Langston & Shane Best can be seen around the CVAC pods
- ➡ Colin McKay & Mathias Ringstrom, 2 professional skateboarders who placed in the top 10 at the X Games stop by CVAC

August 25th-

Check out our new press from the San Diego Union-Tribune regarding "The Pod Squad". You can read the entire article [here](#)

August 19th -

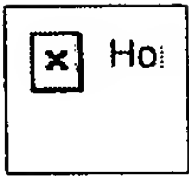
John Howard wins the NORBA final by over 6 minutes, becoming the first rider ever to win both road and off-road Natz victories!!!!
CONGRATULATIONS JOHN!!!!

CVAC triathlete Liz Vitai takes 3rd place overall women at Ironman Germany 2002. Now it's time to get ready for KONA. Congratulations Liz!!!!



Neil Lacy, former pro cycling mechanic enjoying CVAC





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What is CVAC?

CVAC, pronounced, "see vack", is an acronym for Cyclic Variations in Altitude Conditioning. Simply, CVAC is a passive exercise that uses dynamic changes in air pressure to exercise every part of your body at once. This is done in a safe and comfortable space-age pod for about 20 minutes per session and works best when done regularly and rhythmically.

We have seen consistent significant improvements in athletes who use CVAC in strength, flexibility, muscle development, stamina, injury resistance, greatly reduced recovery times, increased breathing capability and overall performance.

The body is designed to experience a wide range of environmental changes. The ability to thrive and survive is directly related to your capacity to adapt to these changes. During a CVAC session, your body is going through a multitude of changes from the time the session begins to several hours after the session has ended. The outcome of this exercise is a body that can perform better in every area and, generally, people who are more able to handle any kind of stress and can reach a higher level of life.

CVAC essentially consists of programmed sessions arranged into serial rounds. Each session contains a number of maneuvers involving multiple transits to target pressures. The arrangement of the targets and consequent transits is arranged to fit the specific requirements of the client's body.

As you complete a round of sessions, the next adjusted round of sessions is started to take advantage of the changes and improvement made in your fitness during the previous round.

The following is a series of explanations offered for some of the beneficial phenomena associated with the CVAC process.

- ➡ A higher level of performance is possible at max heart rate when doing the CVAC process. The process apparently improves blood supply to various parts of the body such as the heart, lungs, brain and extremities. This, over time, improves cardiovascular efficiency. Using the CVAC process results in improvement of all the dynamic breathing capacities. The improved ventilatory (breathing) capacity allied to the increased cardiovascular efficiency naturally allows greater work at max heart rate (MMR).
- ➡ Reduced recovery times are possible when using the CVAC process. There

"In my first CVAC session I felt like a real adventure. It was happening also..."

You can read more testimonials [here](#)



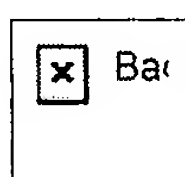
Jessica from LA Fitr



appears to be increased cardiovascular efficiency and breathing capacities that are combined with increased renal (kidney) function, adrenal function and lymphatic cleansing (lymphiasis). Any level of exercise into the anaerobic range produces quantities of waste material (most notably, lactic acid). The CVAC process conditions the body so that it is apparently able to cleanse the tissues of the wastes more efficiently and rapidly.

- ➡ The muscle soreness and general fatigue an athlete routinely experiences after a workout or competition seems to dissipate right after and sometimes during a CVAC session. The soreness is there in the first place because of the production of waste products and toxins that are released during the exercise process. These products include lactic acid, cellular debris and other substances. The body generally relies on the lymphatic system and macrophages related to the immune system to handle these substances. The CVAC process seems to directly stimulate the lymphatic system to greater efficiency. All this is happening during the session and continues even up to two hours (or more) after the session has concluded. Increased blood flow to the tissues would also contribute greatly to restoring them after exercise. Most of CVAC's benefits are gained over time as is true of all other forms of successful physical conditioning.
- ➡ The CVAC process seems to produce greater strength and stamina. It follows that all that has been referred to above would influence your level of strength and stamina but there are a few other factors that haven't been mentioned that are important. It seems that the CVAC process causes more myoglobin to be produced in the muscle tissue. It also seems to produce more mitochondrial bodies in the cells (mitochondrial bodies are responsible for energy production). Additionally, the CVAC process seems to universally increase your body's production of natural steroids. There is evidence that nutrition is more readily utilized while using CVAC.
- ➡ Many who use the CVAC process, report better sleep and better utilization of nutrition. The process appears to balance and improve the function of the endocrine system. A general improvement has been noted of all the functions of the autonomic nervous system. The aforementioned may have a profound implication in areas not only in athletic competition, but also in all life itself.

In Summary; you are more adaptable to change, able to release greater amounts of toxins, more resistant to disease, heal faster, recover more rapidly, and better handle stress.



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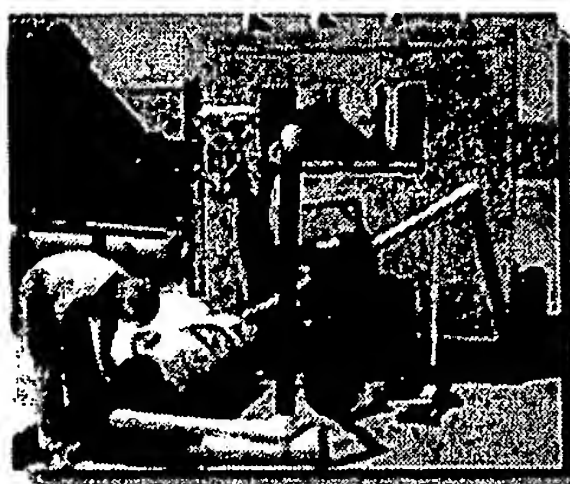
Fitness with an *Altitude*

Contact Us

Background/Development

Mankind's interest in climate and altitude has been around as long as our human race has existed. But it wasn't until the advent of the electrically powered vacuum pump in the beginning of the last century that interest was sparked in artificially produced or simulated altitude.

This interest was directed into two main avenues of research; they were aerospace and medical. So in the 1930's, medical doctors in Germany began looking into short stays at simulated altitude. This work was expanded by scientists in various countries and peaked in the 1960's but became noticeably stagnant in the 1970's. The most notable work was done in the former Soviet Union, the Netherlands, Germany, Italy and France with some incidental work in the U.S.A., Japan and India.



With the minor exception of the old Soviet bloc countries, virtually no theoretical research was done. The product of this omission has been a

technology that has not changed essentially in fifty years. This stagnant technology is practiced at various locations primarily on the European continent. There has been little cohesion between the various practitioners. In fact, there is evidence that there is an extraordinary amount of distrust and infighting among those involved. Perhaps this old technology fails at providing reliable effectiveness. Many who went through the hour per exposure methods were affected only marginally if at all.

In the early part of 1984, Carl Linton (founder of CVAC) began doing aggressive research



"Carl,

Just wanted to drop you a line to the the session last week..."

You can read more of Scott's testimonial [here](#)



Dan Rock kicking back in C



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into the effects of repeated short stay exposures to simulated altitude. Linton noted these pitfalls. In his words; "I began work on this technology in 1984. I spent roughly 10,000 hours duplicating work already done and performing what amounted to the first Western theoretical study. From all of this came the breakthrough into what I now call CVAC. Of course CVAC is evolving as it should. I am always doing what I can to expand this fascinating technology and yes? it is my life's work."



With Linton's unique discovery/technology, results are effective and reliable. Old methods required exposures to high altitudes in costly and cumbersome chambers. CVAC does not. The entire process is administered in 20

minutes in a small pod that can be set up in a wide variety of locations from fitness centers to home and office.

Evidence suggests that CVAC may be essential to health, longevity and maybe even survival in an increasingly hostile biosphere.

So, understanding CVAC in all its parts leads to the absolute conclusion that CVAC is an exercise and nothing more. It is a profoundly effective exercise but it is still only an exercise.



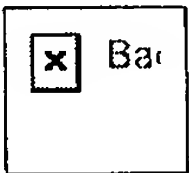
This leaves no doubt to even the casual observer that the proper place for CVAC to be delivered is in the physical fitness venue. Even though everyone can benefit from CVAC, the primary beneficiary would be that individual engaged in serious physical fitness.



So the serious athlete and those who are engaged in dedicated exercise and fitness regimens have been the primary targets for initial distribution of the CVAC process.

To this end, we have been developing programs and policies for these individuals. We have seen and it has been reported that CVAC, along with

whatever else the athlete is doing, yields a significant competitive edge. With this in mind, we will go ahead in this direction.





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Frequently Asked Questions

- **What do the letters in "CVAC" stand for?**
 - ➔ "CVAC" is an acronym. It stands for Cyclic Variations in Altitude Conditioning.
- **How do you pronounce "CVAC"?**
 - ➔ "see vack"
- **What do you mean by "Cyclic Variations in Atmospheric Conditioning"?**
 - ➔ The best way to explain this is to break down the phrase into its individual parts.
 - ➔ *Cyclic* has to do with cycles. Cycles in the context of CVAC means any round of operations or events that returns upon itself. The transitions from target pressure to target pressure are cycles within a CVAC session.
 - ➔ *Variations*, in context with the CVAC process, may have a musical connotation; with repetitions of themes or melodies with various embellishments and elaboration. Instead of notes and tones, for instance, there are correlations in maneuvers using dynamic changes in air pressure.
 - ➔ *Atmospheric*, as a term in CVAC, means normal air pressures found where people live in our natural breathable atmosphere.
 - ➔ *Conditioning* describes the enhanced physical fitness your body acquires with the CVAC process.
- **What is the purpose of the CVAC process?**
 - ➔ CVAC's basic purpose is exquisitely simple. We believe that CVAC universally increases life and survivability.
- **What can I expect from the "enhanced physical fitness" CVAC may give me?**
 - ➔ We have seen consistent significant improvements in athletes who use CVAC in strength, flexibility, muscle development, stamina, injury resistance, greatly reduced recovery times, breathing capability and overall performance.
- **OK, you gave me a short answer on the**

"This is the first time I am writing d after 24 CVAC sessions..."

You can read more of Jeff's here



Jeff waving to his fans



previous question, so now I want the longer, technical version and please explain how you get these improvements.

→ You asked for it!

- ▶ a much higher level of performance is possible at max heart rate with the CVAC process. The process apparently improves blood supply to various parts of the body such as the heart, lungs, brain and extremities. This, over time, may enhance cardiovascular efficiency. The CVAC process apparently improves the dynamic breathing capacities. The improved ventilatory capacity allied to the increased cardiovascular efficiency would allow greater work at max heart rate
- ▶ the markedly reduced recovery times reported with the CVAC process would help explain the increased cardiovascular efficiency and breathing capacities combined with improved renal function, adrenal function and lymphatic cleansing (lymphiasis). Any level of exercise produces quantities of waste material (most notably, lactic acid). The CVAC process apparently conditions the body so that it is able to cleanse the tissues of these wastes more efficiently and rapidly.
- ▶ the muscle soreness and general fatigue an athlete routinely experience after workouts or competition seems to dissipate right after and sometimes during a CVAC session. The soreness may be there in the first place because of the production of waste products and toxins that are released during the exercise process. These products include lactic acid, cellular debris and other substances. The body relies mostly upon the lymphatic system and macrophages related to the immune system to handle these substances. The CVAC process may directly stimulate the lymphatic system to greater efficiency. All this is happening during the session and continues even up to two hours (or more) after the session has concluded. Increased blood flow to the tissues would also contribute greatly to restoring them after exercise
- ▶ It follows that all that has been referred to above would influence strength and stamina but there are other important factors. It seems that the CVAC process may cause more myoglobin to be produced in the muscle tissue and also enhance the production of mitochondrial bodies (cellular energy factories) in the cells.
- ▶ The process seems to balance and improve the function of the endocrine system and may generally improve all the functions of the autonomic nervous system.

Will CVAC help my medical condition?

- CVAC is an exercise. It is in no way a medicine, treatment, remedy or therapy. There is no proof or published evidence that CVAC has a medicinal or therapeutic effect on the body any more than regular exercise does.
- ↔ **Will CVAC help my sex life?**
 - Please tell me all about it!!! Many CVAC podonauts have reported some very interesting stories related to their "after the CVAC session HOT session" experiences.
- ↔ **Is CVAC dangerous in any way?**
 - No one has ever been injured due to the CVAC process. It is not a light statement, but we assert without reservation that CVAC is probably the safest exercise you will ever do. The equipment has been engineered to provide an exceptionally safe environment for you. We are not only interested in improving your fitness, but we also want you to be comfortable and perfectly safe while doing so!
- ↔ **How soon will I know that CVAC is working on me?**
 - Because we are all different, you can expect your experience with the CVAC process to be unique to you. The truth is that your body is going through a multitude of changes from the time the session starts to several hours after the session has ended. We have found that about 10 percent of those using CVAC react exuberantly and aggressively to the initial process. About 40 percent react definitely; they know that something neat is happening. Another 40 percent react more conservatively. They know something is happening but they take a wait and see approach. The remaining 5-10% don't have a clue. They do not feel a thing, and are unable to figure out what is happening. If they stay in a program at all, it is because of what they see happening in others who are doing CVAC. So the answer to how soon you will "know" is immediately to maybe never. It depends on you.
- ↔ **How can CVAC improve my resistance to injury?**
 - It may be that CVAC improves the quality and quantity of connective tissue in the body. CVAC also aids in the removal of

toxins and wastes associated not only with exercise, but also with daily living. Blood flow and circulation are also improved with CVAC. All this adds up to increased injury resistance.

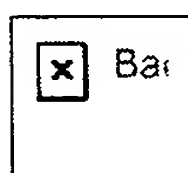
➡ ***Are there any University studies or scientific literature that has been published about this?***

- ➔ There is a great body of research in the field of biometeorology and aerospace going back to the beginning of the 20th century. The fine points of CVAC are a trade secret, but you can access much of the literature in appropriate libraries and with skilled use of the Internet.

➡ ***How do I get into a CVAC program?***

- ➔ Contact us at cvacsystems@earthlink.net, phone 760-634-1673, or come to the L.A. Fitness Club in Encinitas, CA.

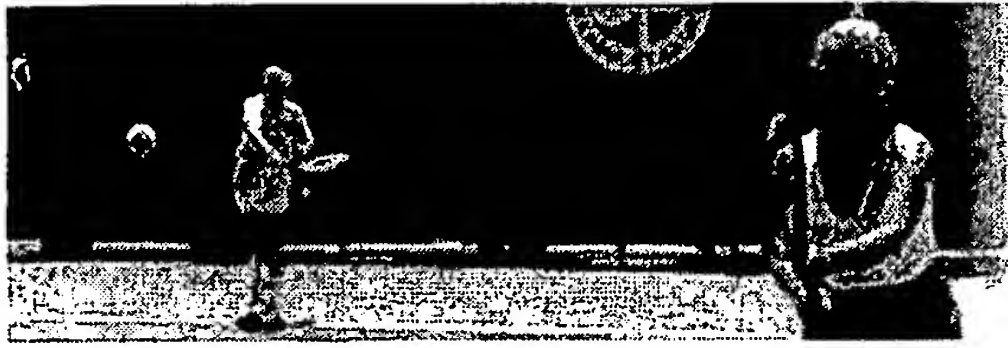
WELCOME TO THE ADVENTURE!



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Testimonials

Art

Brian

Jeff

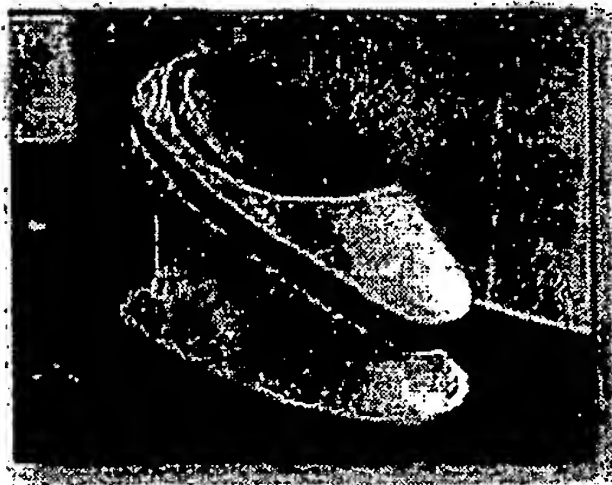
Larry

Scott

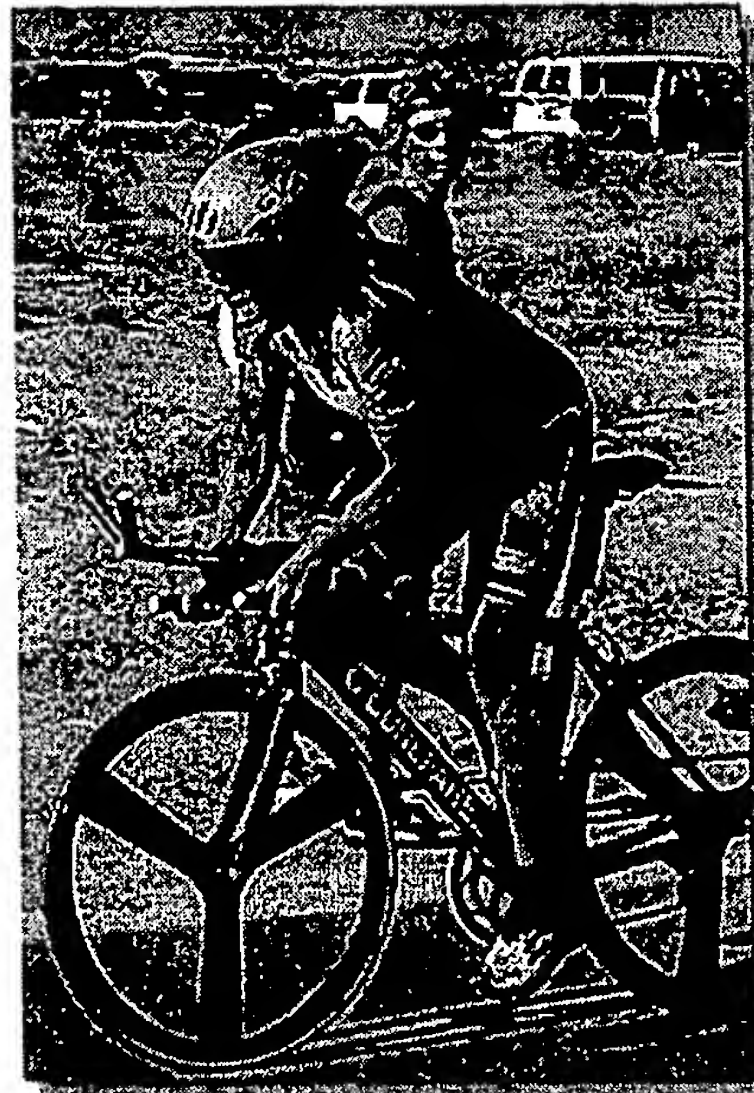
Kathy



Check out Art Montgomery's testimonial!



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★ "A brief background: I am an athletic female age 35. Some people would say an athlete, but since I don't get paid for my athletic endeavors, I don't feel I qualify, just a matter of opinion. I swam and ran track and cross country in high school and college. In 1983 I started doing triathlons. I qualified for and competed in the national championships for my age group on a few occasions; I did okay, but not great. After 20 years of competitive running, in 1996, I retired from running and triathlons. I started racing my bike in '97. I have continued that ever since. I have raced on the track, as well as the road, competing in criterions, road races and my favorite, time trials.

Here I am approx. 3 years after my first introduction to CVAC; still loving it and still making gains.

My first experience with CVAC was fun, exciting and I must admit, a bit scary; but like any roller coaster ride, the fear is part of the fun. I had heard about it (CVAC) from a fellow cyclist. I was told about the little closed space and the

"I am 59 and have been months. The muscle mass in arms and legs and

You can read more testimonial [here](#)



Masters Triathlete Jim (camera while re



noise and the changes in pressure causing ears to "pop", but if it would make me stronger and faster, then a little bit of "claustrophobia" was a small price to pay; especially since a "session" is only about 20 min. or so. So, I entered the "chamber" watched the lid close and felt what there was to feel.

The first sensation was coolness and then I was actually able to see my breath as the pressure changed. Yes, my ears popped on the way up and down during the cycles, but the inner feeling of riding a roller coaster was so fun, and exciting that the ear popping was further, physical proof that there was something more to this for my body than just an inner mind trip sensation of travel. I really enjoyed the ride; it was exhilarating as well as relaxing. I felt "pumped" but calm. The way one should feel right before an important race or test of any sort. Overall, it was just a wonderful experience.

After a month or two of these sessions, maybe one or two times a week, I started to notice other changes. I was riding faster and farther and not feeling as wiped out as I used to after hard rides. I used to come home from a Saturday "hammer session" with the guys and be wiped out for the rest of the day. I would eat, nap and just recover from my hard effort and then go do it again on Sunday. But after my CVAC sessions, I would return home, eat and then do the usual weekend chores of laundry, cooking and cleaning etc. with no problems of fatigue. Sunday rides became as hard as Saturday rides were. I was riding faster and recovering faster during the ride as well as after. The muscle soreness in my legs was completely gone after a CVAC session and I was more flexible following a session.

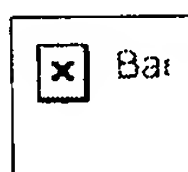
I enjoyed these benefits immensely but as is common with athletes, after the racing season was over, I not only rested my legs, but I got lazy with my CVAC sessions as well. The effects I have mentioned were very testable and predictable with my season of racing and regular CVAC sessions. I continued to improve as the years went by even though I was getting older and not training as hard as I did when I first began for a number of "life and work get in the way" reasons.

In Feb. of 2000 a number of things changed for me. I made a financial and time commitment to ride my bike from Florida to Maine (July 1-21) then compete in Master's Nationals in my home state of Indiana. (July 22-28) I figured there couldn't be a better way to train for Nationals than to ride every day for the three weeks previous. I discussed this plan with Carl (founder of CVAC fitness systems) and hired a coach. My coach wasn't quite as enthusiastic as I was about the miles involved in the FL to MA trip and warned me of the possibility of over training. After working out a plan with my coach as well as Carl, another fun "glitch" entered into the situation. I was offered the opportunity to go to Master's Worlds in Austria! (Aug. 20-27) and then there was the National Record Challenge in New Mexico (Sept. 3-4). With the State Championships in June; this meant 4 months of hard core racing, very important events. I picked up my training in the CVAC

chamber to 2-3 times a week with frequent double sessions and of course my coach had me riding harder than I ever had. After a ride workout I would feel way to old to be doing this kind of riding and then after a CVAC session I would be ready and excited about my next bike workout. I did not get my CVAC sessions while on my FL to MA trip. Carl however, arranged for me to get sessions while I was in Indiana before Nationals. I would have up to 3 sessions a day during my entire stay in Indy. And after my return to California I was back in the chamber before leaving for Worlds and between Worlds and New Mexico.

The results of all this training on and off the bike were that the year 2000 would be in my history book forever. I won the Southern California/ Nevada Master's State Time Trial championships even though I missed my start time by 40 seconds. I won the Master's Nationals Time Trial by 42 seconds. I won the Master's Worlds Time Trial by 1:19. After all the traveling, etc., I return to the states and drive to N.M for the National Record challenge and do a 40 K in 55 min. I had cut off time on every consecutive time trial race from June to Sept.

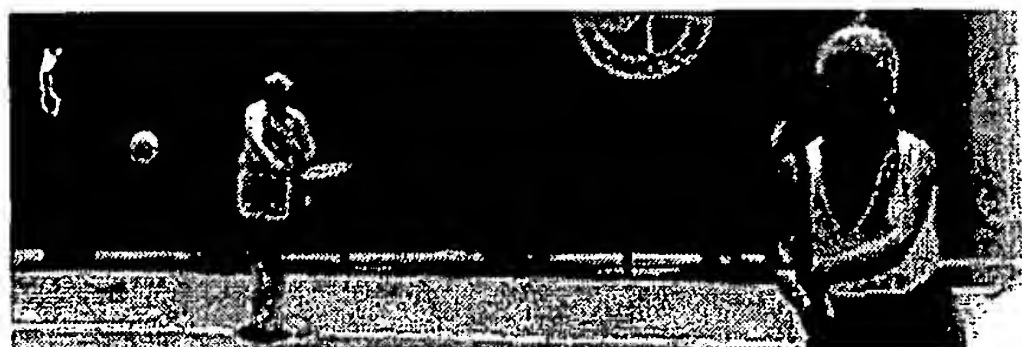
I could go on and on about all the wonderful subtle things CVAC has done for me, but it is better if you see/feel for yourself. CVAC is a personal thing; you get out of it what you need most. I know I am a stronger, faster, better athletic woman because of CVAC. If you want to know more, feel free to contact me at bikewritr@aol.com"



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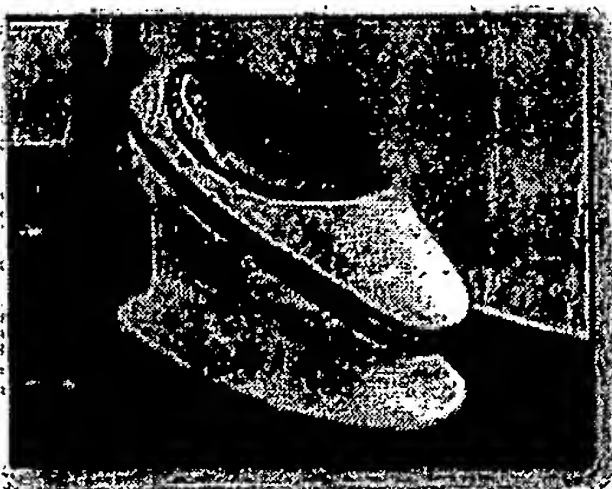


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Up → Art
 Brian Jeff
 Larry Scott
 Kathy

★ "I am 60 years old and retired L.A. County Fire Captain. I have had many physical problems. When I started taking CVAC - here are a few of the changes I experienced since July 11, 2002

- ➡ I went from 4 hours of sleep at night to 8 hours a night.
- ➡ I had tried everything to straighten out a problem in my intestines. Now it is like I am 20 years old.
- ➡ Carl told me in July (2002) that after I had DVAC, my strength would improve. I doubted it. So after the sessions I went out and tested my bench press - my previous max. was 3 rep. of 225 lbs (that was my life max.) - I loaded the 225 lbs. and did 14 reps. Then I went to 280 lbs. and did 6 reps - then 315 and did 1 rep. Not bad improvement - 90 lbs over my personal best.
- ➡ My wife, who I didn't tell I was taking CVAC, asked me one day what kind of vitamins I was taking because I was looking younger. I finally told her about CVAC.
- ➡ My cholesterol dropped to 159 from 210, but I do eat a lot of red meat. I don't know if it was CVAC or not, but that's what happened.

I don't know all CVAC does, however, since I have been using it, my health and quality of life has improved"

Art Montgomery


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Art Montgomery enjoying CVAC

